

March Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.80 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 Chicken Salad Cold Plate Sliced Tomatoes Potato Salad Green Leaf Lettuce	4 Lemon Garlic Baked Chicken Maple Glazed Carrots Fresh Tangerine Pasta Salad	5 Sweet & Sour Meatballs Rice Green Beans Fresh Tossed Salad Tropical Fruit	6 Chicken Patty Sandwich Tossed Salad Potato Salad Fruit	7 Center is Closed
10 Pulled Pork BBQ Seasoned Greens Fresh Pear Lentil Spinach Soup	11 Baked Potato Bar Chili con Carne Shredded Cheddar Cheese Tossed Salad Applesauce	12 Chicken Teriyaki Nuggets Brown Rice Glazed Carrots Fruit Cocktail	13 Breakfast for Lunch A variety of breakfast food will be offered	14 Center is Closed
17 Corned Beef Boiled Red Potatoes Steamed Cabbage Steamed Carrots w/Dill Corn Muffin White Cake	18 Meatloaf w/Gravy Mashed Potatoes Succotash Fresh Orange Wedges Applesauce	19 Sliced Turkey w/Gravy Sweet Potatoes Peas Multi Bean Salad Sliced Fresh Apples	20 Tuna Salad Sandwich Potato Salad Cole Slaw Diced Fruit	21 Center is Closed
24 BBQ Beef Tips Rice Pilaf Steamed Baby Whole Carrots 3 Bean Salad Mandarin Orange Sections	25 Rigatoni & Meatballs Fresh Tossed Salad Salad Dressing Sliced Fresh Apples	26 Chicken Stew w/Peas & Carrots Biscuit Brown Rice Fresh Tangerine	27 Grilled Cheese Sandwich Tomato Soup Tossed Salad Fruit	28 Center is Closed
31 Sliced Pork Loin w/Gravy Sauerkraut Mashed Potatoes Hot Blueberry & Pear Crisp				

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The cost is \$4.80 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 2:00 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.